



ÉCOLE SEAFORTH ELEMENTARY SCHOOL SAFE SCHOOL COMMITTEE STUDENT NEWSLETTER, VOLUME 1

Dates to Remember:

Random Acts of Kindness Week
Feb 13 - 19, 2012



Tuesday, Feb 14, 2012

PINK SHIRT DAY
Wednesday, Feb 29, 2012

Famous People Quotes:

Carry out a random act of kindness with no expectation of reward, safe in the knowledge that one day someone might do the same for you. Diana Spencer, Princess of Wales

It is our choices that show what we truly are, far more than our abilities. J.K. Rowling, Author, *Harry Potter* series

Always be a first rate version of yourself, instead of a second rate version of somebody else. Judy Garland, Actress, Dorothy, *Wizard of Oz*

DID YOU KNOW THAT...



Travis Price and David Shepherd (www.pinkshirtday.ca)

Wednesday, February 29, 2012 is the 4th annual Pink Shirt Anti-Bullying Day and that it all started because two high school students, Travis Price and David Shepherd, wanted to show support for another student who was teased for wearing a pink shirt? You can read all about Travis and David on page 2.

In support of Pink Shirt Day, for the month of February the Seaforth Safe School Committee is sponsoring a month long Kindness Campaign. **But we need your help!!** Please read on page 4 to see how you can participate and win a pizza party for your whole class!!!



☺ Kindness ☺

Pass It On:

Eat Lunch with someone new ☺ **Make a new friend** ☺ Pick up litter ☺ Say "hello" ☺ Open a door for someone ☺ **Ask someone to play with you** ☺ **Share a snack** ☺ Cheer up a friend ☺ Thank a teacher ☺ Read to a young child ☺ **Offer your seat** ☺ **let another go first** ☺ Bake cookies to share ☺ **Give a compliment** ☺ Help a student make friends ☺ **Donate a toy** ☺ **Respect others** ☺ Do a favour ☺ **Encourage a friend** ☺ Use a reusable water bottle ☺ **Walk a dog** ☺ **forgive mistakes** ☺ Smile at someone ☺ **Recycle** ☺

Can you name three acts of Kindness you did today?

1. _____
2. _____
3. _____

Seaforth's Acts of Kindness:

1. Donated Books to Edmonds School
2. Collected Food for the Food Bank
3. Recycling Program
4. Working with our buddies

Can you think of any other Acts of Kindness our school could do? Tell your teacher, tell Mr. Hiltz or have your parents email the PAC at chair@seaforthpac.net.

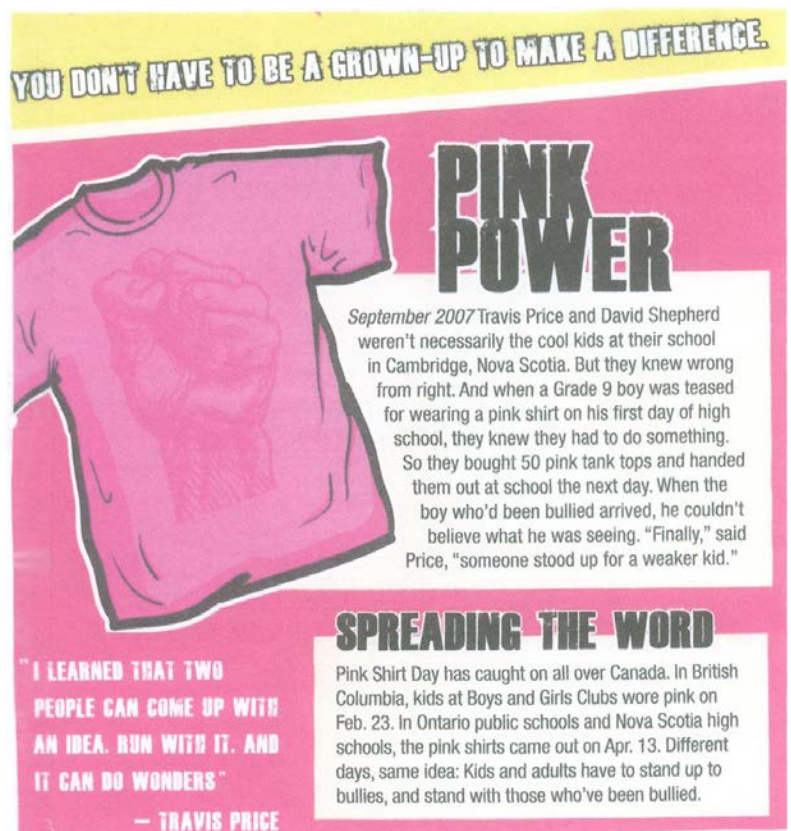
HEY EVERYONE

We would love your help!!

If you would like to submit an item about Kindness for the next newsletter just put it in an envelope marked "Safe School Committee" and bring it to school. You could:

1. Write a comic strip about kindness or bullying;
2. Draw a picture;
3. Write an article;
4. Interview an interesting person in your life and tell us about their life and how kindness is part of it;
5. Submit an interesting story or article you have read;
6. Give a book review;
7. Let us know about a great YouTube video you saw; or
8. Send us a great photo.

REMEMBER the theme is "Kindness" and don't forget to include your name and what division you are in.



BULLIES

by Simon Bailie

Cafeteria

Give me your lunch money nerd

um... ok

Cafeteria

He doesn't have to give you his lunch money

yah!

Cafeteria

Fire, then I'll pour you both

Cafeteria

Billy Forester come to my office this instant

Cafeteria

Yes mr. principal

Cafeteria

Whew! that was close

Cafeteria

Anytime

Thanks for standing up to him like that man

Cafeteria

Yay! now I'll never get bullied again

Cafeteria

Wow! what a lot of drama for one day

I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same. - Rachel Scott, www.rachelschallenge.org

SEAFORTH'S FEBRUARY KINDNESS CAMPAIGN

As part of Seaforth's Kindness Campaign we have a few challenges for you:

Kindness Bracelets - You will be receiving a "Seaforth Kindness" bracelet to remind you to try and do at least one kind thing every day - something out of the ordinary. Try to remember to wear your bracelet every day and when you do something kind for someone else, move the bracelet to your other wrist. You, your family and your classmates can set goals for how many kind acts you can complete in a day, a week or the whole month. Good Luck!!!

Chain of Kindness - We are sure that with your Kindness Bracelet you will find amazing ways to complete acts of kindness at school and we want to hear about them!! So each class will be provided with strips of pink paper. When you or a classmate does something kind, write the person's name or activity on a strip of paper. The Student Council will collect the pieces of paper and form them into a paper chain. Our goal is to wrap the chain all the way around the school hallways. How awesome will that look?!

Contest - How would you like to win a pizza party for your whole class?! We are looking for submissions that represent what kindness means to you. Be creative! Draw a picture about kindness. Make a poster. Write a poem. Write a story. Write and perform a song or a skit. Create a video. You can submit something on your own or with your friends, or do a class project.

Paper submissions (posters, drawings, stories, poems) will be displayed around the school. All of the submissions will be included in a multi-media DVD for each student as a reminder of everything we achieved during the month.

The PAC will choose an "outstanding submission" in three age categories: Kindergarten to Grade 2, Grades 3 to 5, and Grades 6 and 7. Watch out for a separate notice with all the contest information and rules. The deadline for submissions is 3pm on February 17th. We look forward to seeing how creative you can be!

Pink Shirt Day Tie-Dye Sessions - We encourage all students to wear pink on February 29th for Pink Shirt Day. Watch out for a separate notice to order a shirt and sign up for a lunch hour session to tie-dye your own pink shirt. How groovy is that?!

Pink Shirt Day Assembly - As you know, February 29th is Pink Shirt Day and we will have an assembly to wrap up our February Kindness Campaign. Seaforth's students are invited to come up and share their contest submissions (videos, skits, etc.), or share their experience and what the month meant to them. Parents are welcome to attend as well.

Thanks and Good Luck
Seaforth PAC